



# News Release

P.O. Box 6015 • Columbia, MO 65205 • (573) 874-7460 • [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)

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Contact: Tammy Miller, 874-7465

## **New in 2009! Parks and Recreation Presents Family Fun Fests**

Starting in May, Columbia Parks and Recreation will offer a new family event at Flat Branch Parks downtown at 4<sup>th</sup> and Cherry/Locust. The Family Fun Fests will be held the third Wednesday of each month through October, from 6-8 p.m. and is free.

The Fun Fests will feature a new theme each month. Entertainment for the entire family will feature music, special performances, art activities, bounce-houses, hands-on activities, balloon-animals, face painting and guaranteed fun for all ages. Bike valet will be available courtesy of the PedNet Coalition. Concessions will be available.

The Family Fun Fests are sponsored by the Convention & Visitors Bureau, Columbia Parks & Recreation, KPLA 101.5, KOMU 8 and Columbia Home & Lifestyle Magazine.

### **May 20: Fitness is Fun** *Featured sponsor – Activity & Recreation Center (ARC).*

Join us for fun demonstrations and performances of dance, martial arts, sports and more fun ways to stay fit. Enjoy performances by:

The Academy of Fine Arts Baton Twirling Team (dance and baton twirling)  
Flipz USA (gymnastics)  
CAT Tae Kwan Do (martial arts)  
Deva Dancers (belly dancing)  
Ballroom Dancing of Mid-Missouri, USA Dance

Additional activities include, hopscotch, hula hoping, jump roping, golf fun, four square, and more. Tour the Daniel Regional Library Bookmobile. Climb in the City of Columbia's Fire Truck. Stop by the Youzeum booth and receive a pedometer to count your steps as you walk just up Cherry Street to the Youzeum for more activities!

Call Columbia Parks & Recreation at 874-7460 for more information or visit [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com).